

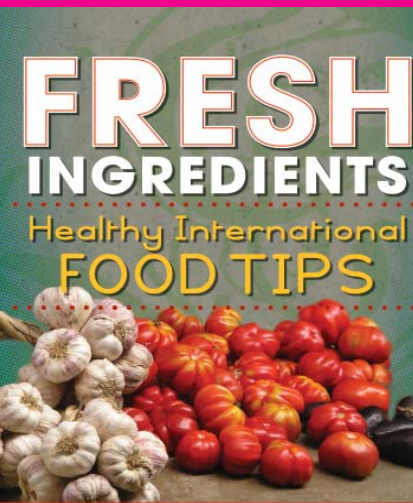


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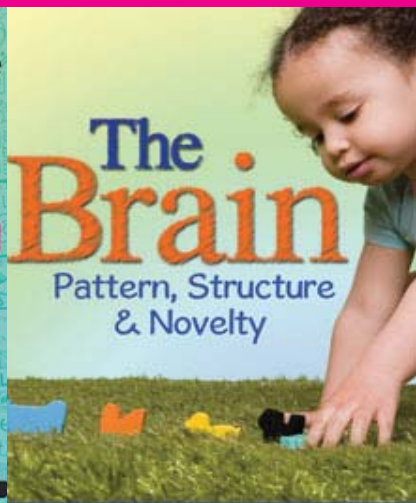
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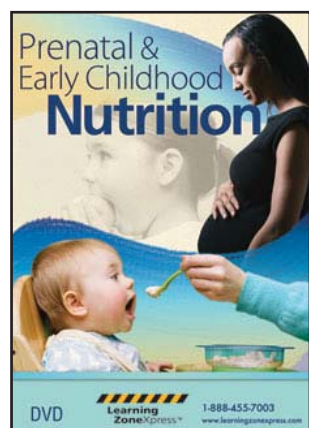
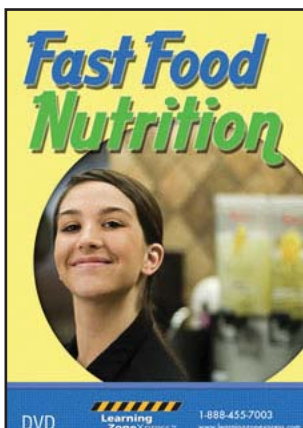
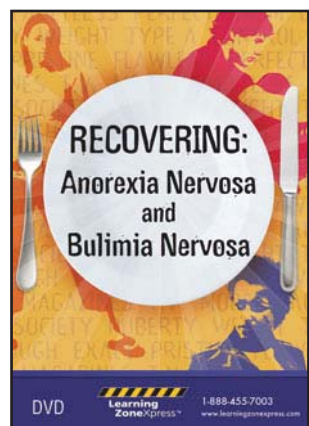
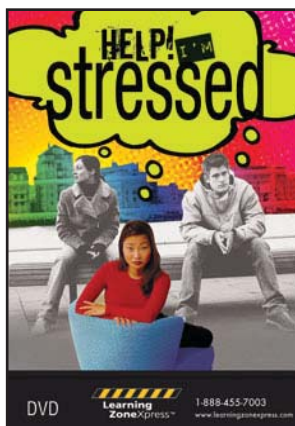
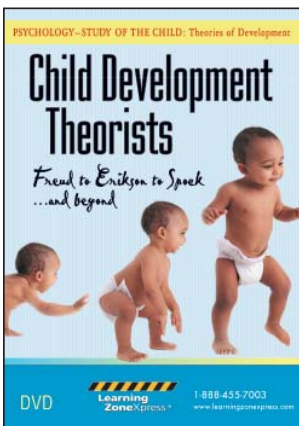
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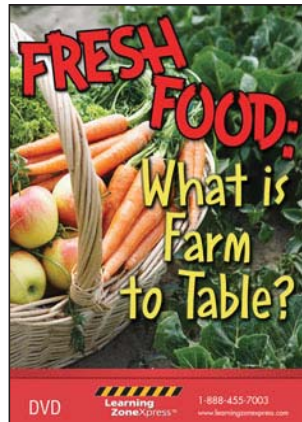
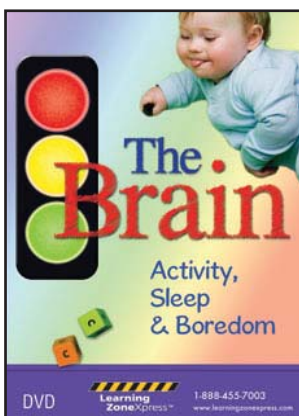
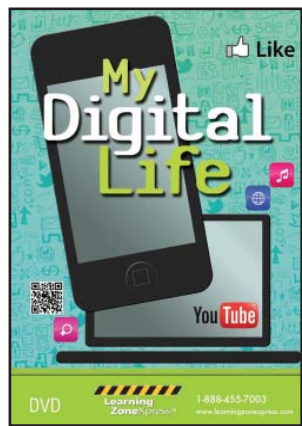
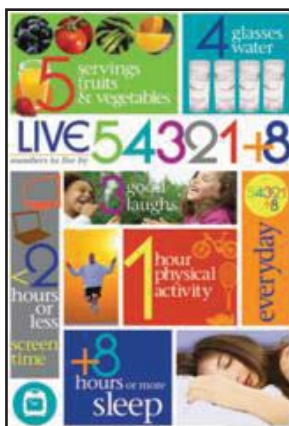
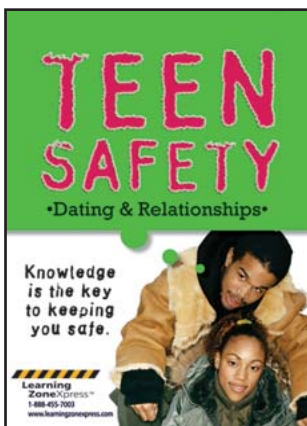
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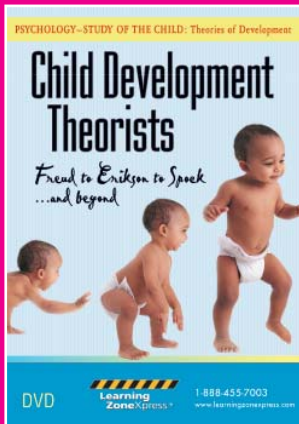
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\* Call today - Offer expires April 30, 2013



“Well organized.... Brief and to the point, this **excellent** overview introduces students to the giants of the field and their significant findings.”

-Booklist



**Telly Award WINNER**

“This film does a good job of explaining a father’s importance in a child’s life.”

-School Library Journal

“...well-presented and very current presentation.”

- Library Media Connection

## Child Development Theorists

**BESTSELLER**



Grades 9-Adult 2009 21 min CC

Beginning with Sigmund Freud, modern child development theories have changed the way that parents raise their children and the way that teachers teach those children. This video features historical footage combined with candid documentary footage from day care centres. The DVD covers a brief view of major child development theories, how theories differ and how more than one approach can be beneficial. Theories presented include:

- Sigmund Freud
- Maria Montessori
- Arnold Gesell
- Lev Vygotsky
- Jean Piaget
- Rudolf Dreikurs
- Erik Erikson
- Abraham Maslow
- John Bowlby
- B. F. Skinner
- Benjamin Spock
- Lawrence Kohlberg
- Diana Baumrind
- Howard Gardner

#430101DV-LZ \$89.95: DVD, teaching materials online.

## Fathering: What It Means to Be A Dad

**BESTSELLER**

Grades 9-Adult 2009 CC 20 min

Dads matter. Fathers have a tremendous impact in the lives of their children. Information from fathering expert Steve Onell is paired with interviews of young fathers to demonstrate the importance of fathers to their children. Viewers also learn practical tips for staying involved and being a role model in the lives of their children.

#430106DV-LZ \$89.95: DVD, teaching materials online.



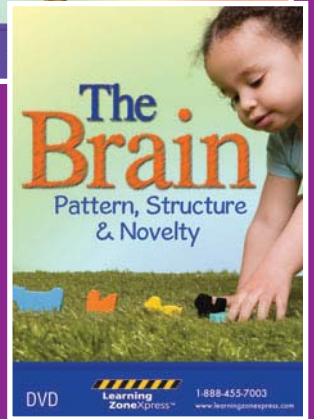
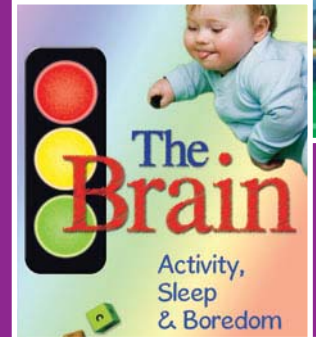
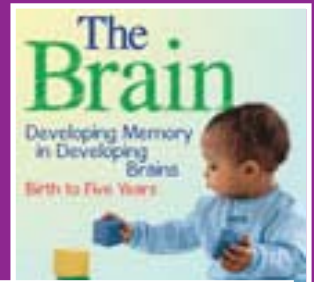
## The Brain: Developing Memory in Developing Brains - Birth to Five Years

Grades 7-Adult 2009 CC 20 min

**BESTSELLER**

The human brain is fascinating – every movement we make, everything conscious or unconscious stems from our brains. The most critical time for brain development is from birth to age five. What can parents and caregivers of children do to help give those developing brains the best chance for success? Discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children.

- Reviews main parts of the brain and their functions
  - Explores the difference between short and long term memory
  - Discusses practical things parents and caregivers can do to promote learning
  - Examine the importance of multi-sensory learning
- #430125DV-LZ \$89.95: DVD, teaching materials online



## The Brain: Activity, Sleep & Boredom

Grades 7-Adult 2011 CC 20 min

**BESTSELLER**

In this DVD, physical activity and quality sleep are both vital for healthy bodies. A stoplight is used as a symbol to represent activity, boredom, and sleep.

1. **Green Light = Go!** Physical activity turns your brain on to learn. Our bodies need movement to stay healthy, but so do our brains!
2. **Red Light = Stop!** Sleep is vital for your child. How much do they need and why?
3. **Yellow Light = Slow down!** Doing “nothing”, and even being bored, is actually very important to how we process the world around us, and studies suggest, it is vital to creativity! So how can you give your kids good boredom?

#430154DV-LZ \$89.95: DVD, teaching materials online

## The Brain: Patterns, Structure & Novelty

Grades 7-Adult 2011 CC 20 min

**BESTSELLER**

Our brains are wired to perceive patterns and structure in the world around us. Young children especially need structure to feel secure and be ready to learn. Yet our brains also are continually seeking something new! Too much of the same things causes our brains to get bored - and too many new things can cause confusion or chaos! Discover how to give young children the structure that they need to set up a strong foundation for learning, and how to add new activities and ideas in ways that nurture their hunger for learning.

#430150DV-LZ \$89.95: DVD, teaching materials online

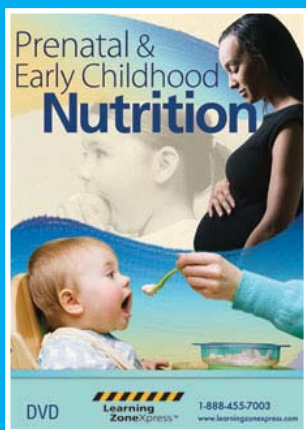
“...the information is valuable and this will be a welcome resource for anyone working with youngsters.

**Recommended.”**

-Video Librarian



**Telly Award WINNERS**



**Telly Award WINNER**



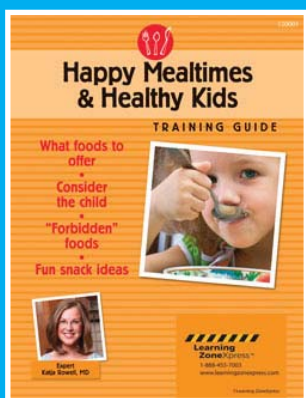
### **Prenatal & Early Childhood Nutrition**

*Grades 7-Adult 2012 CC 25 min*

When women are pregnant or breastfeeding, they have special nutritional needs. Registered Dietitian Melissa Halas-Liang explains the nutritional considerations for women and their new babies during pregnancy and while breastfeeding, including:

- Nutrients and extra calories
- Foods to be avoided and food safety practices
- Favorite nutritious snacks and meals
- Advice from a real mom on navigating pregnancy

#430165DV-LZ \$89.95: DVD, teaching materials online.



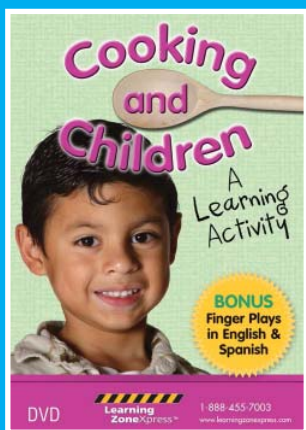
**Perfect for early childhood family classes and parenting workshops**

### **Happy Mealtimes & Healthy Kids**

*Grades 11-Adult 2010 CC 23 min*

Comprehensive video for parents and caregivers, narrated by Dr. Katja Rowell, MD, family doctor and childhood feeding specialist. Viewers will learn that parents and children have separate roles to play in regard to eating: the parent decides what, when, and where food is served; the child decides whether or not to eat and if so, how much to eat.

#430142DV-LZ \$89.95: DVD, teaching materials online



**“...highly recommended...” - Video Librarian**

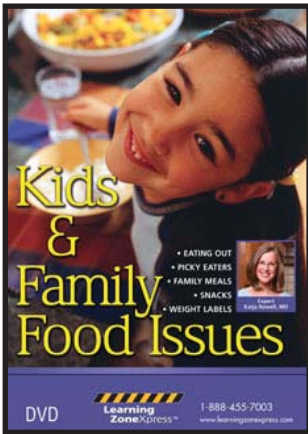
### **Cooking and Children...A Learning Activity**

*Grades 7-Adult 2011 CC 20 min*

We want all our kids to eat healthy...but how do you actually accomplish it? How do we get them to want to eat healthy? Studies show that life-long healthy eating habits start by having kids help prepare the food! Follow Nica and preschoolers in the kitchen as they have fun learning about nutrition through making healthy snacks. Features easy recipes, ways you can “be prepared”, safety tips, and highlights easy jobs in the kitchen that teach preschoolers coordination, math, and a love of healthy food.

Featuring a bonus track of preschoolers (and their moms) teaching finger plays in English and Spanish! Kids will love to watch it too!

#430150DV-LZ \$89.95: DVD, teaching materials online.

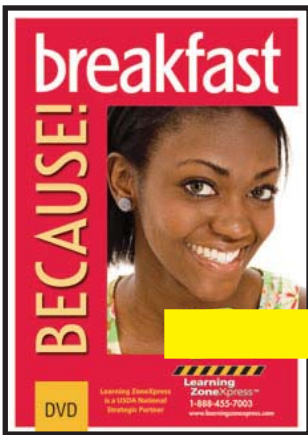


### Kids & Family Food Issues

Grades 11-Adult 2010 CC 29 mins

Getting children to eat can be a constant battle for some parents, while other parents may be restricting foods to thwart weight gain. In “Kids and Family Food Issues”, child feeding expert Dr. Katja Rowell presents six segments that address many feeding issues that families with young children may be facing and offers practical solutions to make meals a pleasant experience for both parents and children.

#430146DV-LZ \$89.95: DVD, teaching materials online.



### Breakfast ... Because

Grades 6-Adult 2009 CC 29 mins

Explore why breakfast is so important! Engaging and creatively written, this video emphasizes the benefits of breakfast for great physical and mental performance. Includes segments on breakfast facts, how body parts come alive from eating breakfast, great breakfast ideas, how to read the nutrition label, and more.

#430086DV-LZ \$89.95: DVD, teaching materials online.

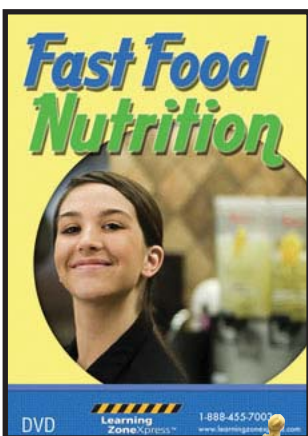
**“Humorous vignettes...energetic, creative program.**

**Highly recommended.” - Video Librarian**

**“This inventive take on an important issue keeps the presentation fresh and entertaining, providing a resource that will be useful in health and life skills classes.” -School Library Journal**

Telly Award  
WINNER

“Merit” Health  
Information  
Award



### Fast Food Nutrition

Grades 6-Adult 2009 CC 16 mins

Fast food often gets a bad rap. High amounts of saturated fat, trans fat, sugar, sodium, and calories, and a lack of fruits and vegetables make most fast food choices not the best in terms of nutrition. Join Rickey and Genevieve as they explore the world of fast food with fun and humour as they help viewers learn how to make the healthiest choices when eating on the go at fast food restaurants.

#430122DV-LZ \$89.95: DVD, teaching materials online.

**“This well-produced and creative program, hosted by two friendly teens explains the six “trouble spots” to watch out for when assembling those potentially not-so-happy meals...Highly Recommended.” - Video Librarian**

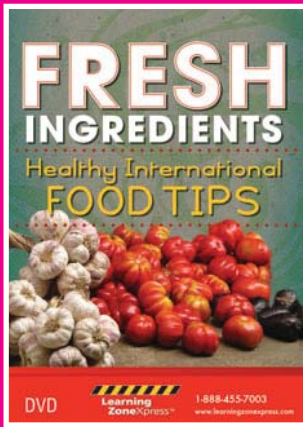
2010 Telly  
Award WINNER



*"This interesting film will make students think about where their food comes from and how it is grown, and may inspire some to pursue work in agriculture."*

-School Library Journal

**Telly Award WINNER**



### **Fresh Food: What is Farm to Table?**

Grades 6-Adult 2011 CC 20 min

Tap into the current trend of eating locally grown foods without the use of chemical pesticides or hormones! The basics of sustainable farming is explored through the eyes of three highly-trained chefs who leave big city jobs to carve out a place to grow fresh, healthy ingredients for their gourmet dishes. Discover:

- The differences and similarities between sustainable and organic farming
  - A brief history of farms
  - How the chefs created and market their farm
  - How the fresh food travels from farm to table
- #430147DV-LZ \$89.95: DVD, teaching materials online.



### **Fresh Ingredients: Healthy International Food Tips**

Grades 7-Adult 2011 CC 20 min

Cookbook author and world traveler Paulette Mitchell presents a series of video segments that offer food and nutrition lessons we can learn from food markets around the world that can be applied to our home-cooked meals. She contrasts packaged and processed foods with similar fresh items found at your local farmer's markets and supermarket, while offering tips for using fresh, tasty ingredients in quick-to-prepare, healthful meals.

#430151DV-LZ \$89.95: DVD, teaching materials online.

### **Food Science Experiments**

Grades 7-Adult 2010 CC 50 min

*"Recommended."* - Video Librarian

**BESTSELLER**

*"The various experiments are easy to follow, and it is not necessary to have a science lab to do the experiments. Recommended."* - Library Media Connection

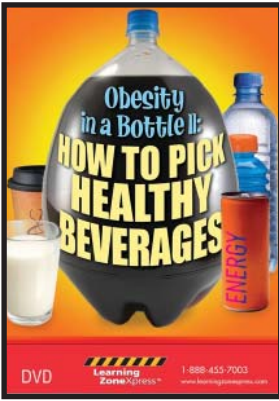
Experience kitchen chemistry and the wonders of food science! Host Susan Turgeson and students demonstrate six fun and easy food science experiments and explain the science behind them. Experiments include:

- Sensory Evaluation
- Biochemistry of milk: mozzarella cheese
- Hand washing and food safety
- Scientific method: what makes popcorn pop?
- Emulsions: mayonnaise
- Fermentation: root beer

#430138DV-LZ \$89.95: DVD, teaching materials online.



**TO ORDER, CALL 1-800-565-3036**



**Obesity in a Bottle II: How to Pick Healthy Beverages**  
 Grades 6-Adult 2011 CC 26 min

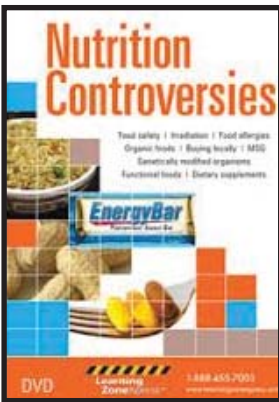
*"...delivers highly practical information in a friendly fashion, accompanied by clear visuals. Straightforward and informative, this is recommended."* - Video Librarian

Empty calories from sugar and fat found in many favourite beverages are adding inches to our waistlines and may be contributing to rising rates of chronic disease. View five informative video segments offering suggestions for healthy beverage selections featuring Susan Moores, RD. *Topics include:*

**BESTSELLER**

- How to pick "good" drinks for kids
- Best beverages if you're watching your weight
- How to pick healthful beverages
- How to pick the right drink for sports and athletic performance
- Busting caffeine myths

#430143DV-LZ \$89.95: DVD, teaching materials online.



**Nutrition Controversies**  
 Grades 6-12 2009 CC 22 min

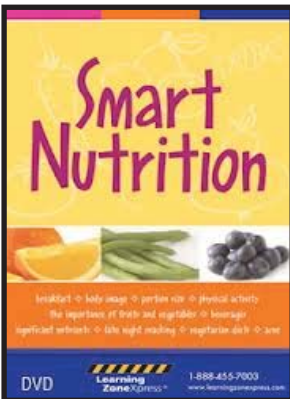
**BESTSELLER**

**TELLY AWARD WINNER**

*"Eat this, but don't eat that!"* – The messages about food and nutrition we hear can be confusing and are not always easy to discern the facts from fiction. Join host and two teens as they take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more in this entertaining and enlightening video.



#430124DV-LZ \$89.95: DVD, teaching materials online.



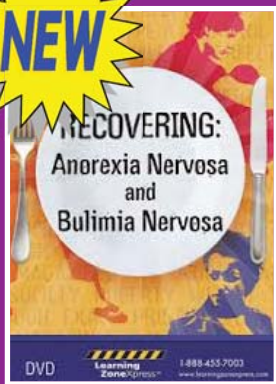
**Smart Nutrition**  
 Grades 6-12 2009 CC 21 min

**BESTSELLER**

In a world of countless food choices and nutrition messages, it can be challenging to know what teens should and shouldn't eat. Your host and two teens set the facts straight about breakfast, body image, portion size, physical activity, the importance of fruits and vegetables, beverages, significant nutrients, late night snacking, vegetarian diets, and acne in this fun and entertaining title.



#430123DV-LZ \$89.95: DVD, teaching materials online.



### **Recovering: Anorexia Nervosa and Bulimia Nervosa Documentary**

*Grades 7-Adult 2012 CC 27 min*

Eating disorders, anorexia nervosa and bulimia nervosa, afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join Emmy award-winning documentary filmmaker and host Larkin McPhee (*Dying to Be Thin*) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. Topics and themes discussed include:

- Who is at risk?
- What sustains an eating disorder?
- Why are eating disorders dangerous?
- How are eating disorders treated?

#430174DV-LZ \$89.95: DVD, teaching materials online.

*“Featuring frank discussion from both sexes, the program provides solid hope for those suffering from an eating disorder. Recommended.”*

-Video Librarian

**Telly Award WINNER**



***Lack of sleep is a national epidemic and the consequences are serious! A must-see for all students!***



### **Sleepless in America**

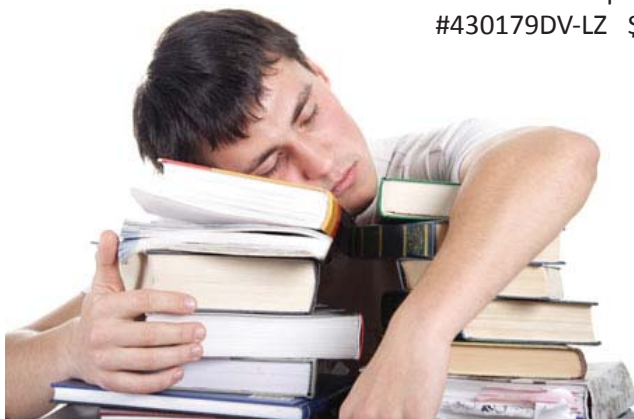
*Grades 6-Adult 2013 CC 20 min*

Today’s teens lead busy lives and as a result, nearly 70% of them end up sleep deprived. Sleep expert Mary Sheedy Kurcinka,

Ed.D provides insight and solutions for a good night’s sleep, including:

- What does sleep deprivation look like?
- Barriers to quality sleep
- Importance of sleep for well being
- How to improve sleep

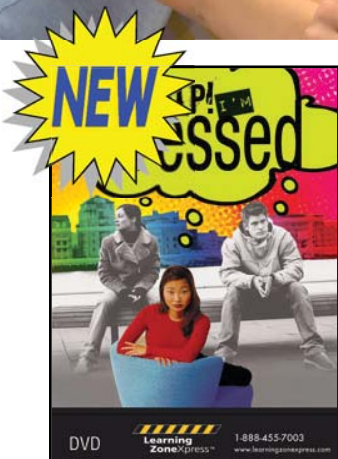
#430179DV-LZ \$89.95: DVD, teaching materials online.





# Health Tips for Teens

Simple, effective advice to stay healthy



## Help! I'm Stressed

Grades 6-Adult 2012 CC 26 min

Learn exactly what stress is and discover that there is both bad stress and good stress. You'll understand the many symptoms of stress after viewing this educational video. Then you'll uncover all kinds of strategies to keep stress levels in balance. When you know what stress is, what the symptoms are and how proven strategies can work, you'll be able to handle whatever life brings you!

#430158DV-LZ \$89.95: DVD, teaching materials online.



## 54321+8 Count Down to Your Health

Grades 6-Adult 2012 CC 24 min

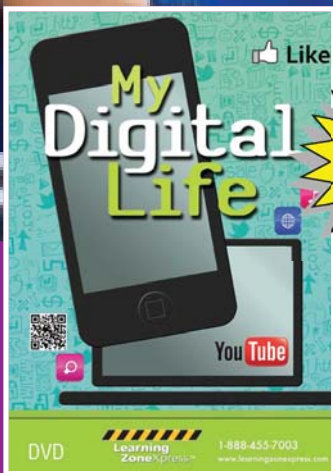
Gives an overview of six things teens and adults can do each day to stay healthy. Viewers will discover and learn about the importance of fruits and veggies, drinking water, positive mental health, limiting screen time, getting physical activity and enough sleep. The countdown provides an easy way to remember the expert-recommended amounts of each one. In this DVD, medical professionals share the facts behind the numbers and students share some practical advice about how to live the countdown.

#430168DV-LZ \$89.95: DVD, teaching materials online.

# Digital Streaming Available.

## Call for more information or pricing.





**My Digital Life**

*Grades 6-Adult 2013 CC 28 min*

Join Emmy-award winning documentary filmmaker Larkin McPhee (*Dying to Be Thin*) as she explores the perils and possibilities of the brave new digital world. This thought-provoking video addresses:  
 Issues of privacy and the digital footprint  
 Misguided notions about multi-tasking and learning  
 The value of being wired vs. unplugged  
 #430176DV-LZ \$89.95: DVD, teaching materials online.

**“Highly Recommended.”**  
 - Educational Media  
 Marketplace, Alberta 2012



**Staying Safe Online:  
 Digital Footprint DVD**

**BESTSELLER**



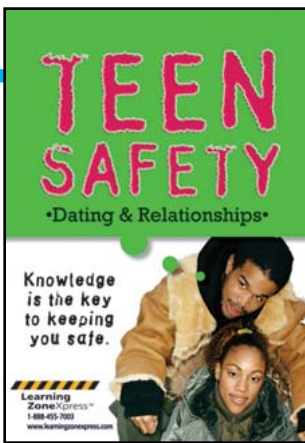
*Grades 8-Adult 2010 CC 20 min*

Your digital footprint is the data trace left by your activity in a digital environment, whether on the Internet, buying something with a credit card, or using a mobile phone. Like everything on the web, digital data cannot be washed away - it remains forever, a permanent footprint. Discover how the things you do in a digital environment can ultimately impact your life, including:

- Your Digital Identity - A Permanent Step
  - Sharing and Scaring - The Dangers of Sexting
  - Social networking - Safe Steps
  - Cleaning Up - Putting Your Best Digital Foot Forward
- #430144DV-LZ \$89.95: DVD, teaching materials online.

**“Highly Recommended.”**  
 - Video Librarian

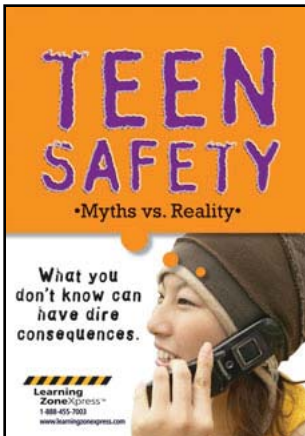
**Telly Award WINNER**



## Teen Safety Series

Grades 6-12 2008 CC 20 min each

Teen safety is an issue of growing importance in our society. Teens face more choices, more opportunities, and therefore more risks now than ever before. At the same time, they struggle with emotional development, a sense of right and wrong, and conflicting messages about appropriate behavior from the media, their friends, and their families.



Helping teens understand the issues that surround their personal safety is critical. This 3-DVD series is designed to help teens focus on their personal safety by showing situations where the choice that is made can affect their lives. Viewing the DVDs in the classroom, followed by reflection and discussion, introduces students to issues, situations, and information they need to better understand how they can influence their own safety.

### Programs include:

#### Teen Safety: Dating & Relationships

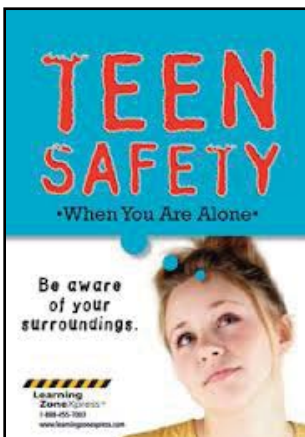
#430074DV-LZ \$89.95: DVD, teaching materials online

#### Teen Safety: Myths vs. Reality

#430072DV-LZ \$89.95: DVD, teaching materials online

#### Teen Safety: When You Are Alone

#430073DV-LZ \$89.95: DVD, teaching materials online



*“Presents vital safety information in a direct and informal manner that is sure to appeal to teen viewers...This effective and timely safety instructional is recommended for school and public library collections.”* --Booklist

*“Teen Safety: When You are Alone deserves the absolute highest recommendation for its practical treatment of basic facts every teen (and adult) must know.”*

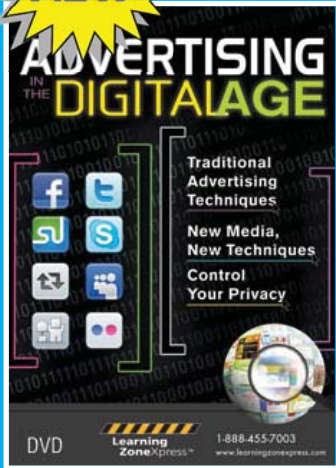
--Midwest Book Review

**Teen Safety: Dating & Relationships - “Candid, no-nonsense program. Recommended.”**--Video Librarian

**Teen Safety: When You Are Alone - Ranked #1. As part of the Mid-Hudson Library Systems Health Information Project, a group of 31 New York State teens reviewed 63 videos from 29 producers. The young critics ranked all 3 Teen Safety DVDs in the Top 10!**

# Modern Marketing Techniques

New spins on tried and true advertising techniques



***"This is a solid overview of contemporary marketing techniques and being a savvy consumer. Recommended."***

- Video Librarian

**Telly Award WINNER**

## Advertising in the Digital Age

Grades 7-Adult 2012 CC 22 min

Do you know when and where are you being targeted for marketing? It may be more often and in more places than you think. *Advertising in the Digital Age* features interviews with cutting-edge advertising and media professionals who give an overview of how to navigate new media marketing techniques in the digital age, including:

- Traditional Techniques: Review of tried and true advertising techniques.
- New Media, New Techniques: Advertising is a mix of new and old, and sometimes anything goes.
- Be in Control: Match your privacy settings to your own privacy standards.

#430167DV-LZ \$89.95: DVD, teaching materials online.

***"Highly Recommended."***

- Educational Media Marketplace, Alberta 2012



# Flattering clothing styles for all body types

Expert advice to dress your best

## Wardrobe Planning: Dressing for Your Body Type

Grades 7-Adult 2013 CC 20 min

Wardrobe stylist and personal shopper Carly Gatzlaff takes viewers through the basics of dressing for your bodytype for a flattering, put-together look that is uniquely you. Short segments cover a variety of hints and tips for both women and men to dress and look your best, including:

- Dressing for your body type
- Using colour and pattern
- Accessorizing your look
- Clothing quality
- Shopping strategies

#430178DV-LZ \$89.95: DVD, teaching materials online.





**Brandi Hagen**  
Principal Interior Designer,  
Eminent Interior Design

**Design: All About Color**

*Grades 6-Adult 2010 CC 21 min*

Colour has the ability to create emotion and influence our moods. Colour is a powerful tool in interior design and fashion. Interior designer Brandi Hagen discusses:

- History of colour and the development of colour theories
- The colour system: hue, value, and chroma
- Colour wheel
- Warm & cool colours
- Colour schemes

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**Design: All About Textiles**

*Grades 6-Adult 2010 CC 24 min*

Join interior designer Brandi Hagen as she showcases samples and explains different types of natural fibers including plant, animal, mineral and synthetic fibers, including:

- Nylon • Polyester • Rayon • Acrylic
- Microfibers

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materials online.

**Design: The Elements**

*Grades 6-Adult 2010 CC 21 min*

Interior designer Brandi Hagen presents a basic overview of the elements of design applied to interiors and fashion, including:

- Line: vertical, horizontal, diagonal, curved
- Shape: symmetrical and asymmetrical
- Texture: smooth, reflective, rough, matte
- Colour: hue, value, chroma

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